Monday: 11/16

|  |  |  |
| --- | --- | --- |
| Total: 2000 | Lane 7 | Lane 8 |
| Warm Up | * 200 CH | * 100 CH |
| Kick Set | * 400 IM K | * 300 IM K |
| Focus Set | * 4x4x25 Drill IMO | * 4x4x25 Drill IMO |
| Main Set | * 50 FR * 25 BR/50 FR * 50 BR/50 FR * 25 BK/50 BR/ 50 FR * 50 BK/50 BR/50 FR * 25 FL/50 BK/50 BR/50 FR * 200 IM with perfect turns! | * 50 FR * 25 BR/50 FR * 50 BR/50 FR * 25 BK/50 BR/ 50 FR * 50 BK/50 BR/50 FR * 25 FL/50 BK/50 BR/50 FR * 200 IM with perfect turns! |
| Cool Down | * 125 CH Cool Down | * 75 CH Cool Down |

Tuesday: 11/17

|  |  |  |
| --- | --- | --- |
| Total: 2150 | Lane 7 | Lane 8 |
| Warm Up | * 200 CH | * 100 CH |
| Kick Set | * 8x75 CH K (Fast to ½ off every wall, easy the other ½ ) | * 6x75 CH K (Fast to ½ off every wall, easy the other ½ ) |
| Focus Set | * 8x50 FR Drill 6 K Switch/Overkick by 25 | * 8x50 Drill 6 K Switch/Overkick by 25 |
| Main Set | * 6x125 FR (50 Pace, 50 Overkick, 25 Sprint) | * 4x125 FR (50 Pace, 50 Overkick, 25 Sprint) |
| Cool Down | * 200 CH | * 100 CH |

Wednesday: 11/18

Take a walk, a run, or a bike ride!

Thursday: 11/19

|  |  |  |
| --- | --- | --- |
| Total: 2000 | Lane 7 | Lane 8 |
| Warm Up | * 300 CH | * 200 CH |
| Kick Set | * 20x25 FL/FR by 25 @ :45 | * 12x25 FL/FR by 25 @ :45 |
| Focus Set | * 6x50 Midpool Focus on Fast turns, Breakouts, and SL past flags | * 6x50 Midpool Focus on Fast turns, Breakouts, and SL past flags |
| Main Set | * 6x100 @ 2:00 (Pace 1:45 or better) | * 4x100 @ 3:00 (Pace 2:15 or better) |
| Cool Down | * 300 CH Cool Down | * 200 CH Cool Down |

Friday: 11/20

|  |  |  |
| --- | --- | --- |
| Total: 2050 | Lane 7 | Lane 8 |
| Warm Up | Meet Warm Up   * 200 Long and Stretch * 200 Broken Speedplay * 2x50 Drill * 2x50 K Inline or SL * 4x25 Midpool (4 Good turns) * 2x25 Build to Fast Finish * 2x25 Fast Breakout, Sprint to 15 M (Far flags) | Meet Warm Up   * 200 Long and Stretch * 200 Broken Speedplay * 2x50 Drill * 2x50 K Inline or SL * 4x25 Midpool (4 Good turns) * 2x25 Build to Fast Finish * 2x25 Fast Breakout, Sprint to 15 M (Far flags) |
| Kick Set | Pick a stroke!   * 4x150 K (50 sculling kick, 50 Build K, 50 Overkick Swim) | Pick a stroke!   * 4x75 K (25 sculling kick, 25 Build, 25 Overkick Swim) |
| Main Set | Pick a stroke!   * 2x25 Sprint from a push for time (15 sec. rest) * 50 Easy * 2x50 Sprint from a push for time (15 sec. rest)   \*Try to hit goal time of combined 25s   * 50 Easy * 1x100 Sprint from a push for time   \*Try to hit goal time of combined 50s | Pick a stroke!   * 2x25 Sprint from a push for time (15 sec. rest) * 50 Easy * 2x50 Sprint from a push for time (15 sec. rest)   \*Try to hit goal time of combined 25s   * 50 Easy * 1x100 Sprint from a push for time   \*Try to hit goal time of combined 50s |
| Cool Down | * 300 CH Cool Down | * 200 CH Cool Down |